

Banishing Pain from Your Home

By EDWIN F. BOWERS, M.D.

IN Hartford, Connecticut, there lives a physician who is banishing headache, earache, toothache, lumbago, and most of the other common pains without drugs. Except in surgical cases, the instruments he uses are such things as spring-clothespins, rubber bands, and aluminum combs. With such simple paraphernalia this physician and hundreds of doctors who have studied his method are producing remarkable cures; and thousands of patients are, in their own homes, relieving conditions that formerly kept them under more or less constant treatment.

This remarkable system of healing, discovered by Dr. William H. FitzGerald of Hartford, is termed by him zone therapy. I believe it will come to be looked upon as one of the great medical discoveries of our day.

It is true that we do not yet fully understand how zone therapy "works." We have no adequate theory in explanation of its effects. But neither have we for gravitation, molecular attraction and repulsion, or electricity.

The results produced by zone therapy sound impossible. But the impossible is merely the thing that we have never seen done.

"Impossible" has been a favorite word in the medical profession from Neanderthal days down to 1916. Medical men shouted it at Hippocrates and Galen. They chanted the chorus at Harvey, when he announced the function of the heart and the blood-vessels. They clubbed Semmelweis into the grave with it, though they subsequently built him a monument.

Three years ago, when Dr. William H. FitzGerald assured me that he was relieving hundreds of patients of practically everything except surgical conditions in his specialty (the ear, nose, and throat) by pressures exerted on various definite areas, I listened—although skeptically.

For Dr. FitzGerald's position is one that commands respect. He is a graduate of the University of Vermont (studying also at Dartmouth and Yale), and spent two and a half years in the Boston City Hospital. He served two years in the Central London Nose and Throat Hospital. For a like period he was in Vienna, where he was assistant to Professor Politzer and Professor Otto Chiari, who are known wherever medical text-books are read.

For several years Dr. FitzGerald has been the head of the nose and throat department of the St. Francis Hospital in Hartford. He is an active member of most of the American medical societies, and is recognized as one of the great throat and nose surgeons in this country.

I became convinced that Dr. FitzGerald's claims had at least sufficient rationality to warrant an investigation; and he placed his records and his patients unreservedly at my disposal—to cross-question and catechize as I pleased.

Seeing Is Believing

IN the three years that have since elapsed I have seen and studied scores of Dr. FitzGerald's cases—following many of them from their beginnings to a "discharged as cured" conclusion. In some particularly interesting cases I even checked up subsequent histories to note the permanence of their relief—which I say here state is as satisfactory as would follow any medical measure with which I am familiar.

Dr. George Starr White, of Los Angeles, is one of the ablest practisers and most enthusiastic exponents of the "FitzGerald method," and has furnished me with reports on dozens of interesting and instructive cases treated by himself and his physician pupils.

I have seen Dr. Reid Kellogg—an osteopathic physician who has made a special study of zone therapy, and who has read papers and conducted clinics on the

subject before many of the leading osteopathic conventions in the past year—successfully treat many patients by zone therapy.

Among my personal friends, of years' standing, are Drs. Hogan, Riggs, Sears, Mournighan, and others who have been prominently identified with the experimental work and development of pressure therapy from its beginnings.

I have talked with dozens of patients who, in addition to carrying out—under the direction of Dr. FitzGerald or other medical men—the details of their own treatment, have successfully treated members of their family and many of their friends.

Even the sketchiest sort of an account of the extraordinary things I have seen done by zone therapy and by the nerve-pressure analgesia—which is an important part of the work—would fill a large book. But these really have to be seen to be believed—by medical men, at any rate.

For instance, who—unless he had time and again witnessed the results following zone therapy—would believe that a patient could come into the consulting-room, his voice reduced to a mere husky whisper from vocal cord strain, inflammation, or some other cause of aphonia, and within ten minutes—without a particle of medicine or any form of emollient application—be able to speak in quite a distinct, resonant tone, and within a half hour be completely and permanently relieved? Yet I have seen this—not once, but many times.

Or what physician is there, called to treat a case of acute lumbago in a patient absolutely

FOR almost a year Dr. Bowers has been urging me to publish this article on Dr. FitzGerald's remarkable system of healing, known as zone therapy. Frankly, I could not believe what was claimed for zone therapy, nor did I think that we could get magazine readers to believe it. Finally, a few months ago, I went to Hartford unannounced, and spent a day in Dr. FitzGerald's offices. I saw patients who had been cured of goiter; I saw throat and ear troubles immediately relieved by zone therapy; I saw a nasal operation performed without any anesthetic whatever; and—in a dentist's office—teeth extracted without any anesthetic except the analgesic influence of zone therapy. Afterward I wrote to about fifty practising physicians in various parts of the country who have heard of zone therapy and are using it for the relief of all kinds of cases, even to allay the pains of childbirth. Their letters are on file in my office.

This first article will be followed by a number of others in which Dr. Bowers will explain the application of zone therapy to the various common ailments. I anticipate criticism regarding these articles from two sources: first, from a small percentage of physicians; second, from people who will attempt to use zone therapy without success. We have considered this criticism in advance, and are prepared to disregard it. If the articles serve to reduce the suffering of people in dentists' chairs even ten per cent., if they will help in even the slightest way to relieve the common pains of every-day life, they will be amply justified.

We do not know the full explanation of zone therapy; but we do know that a great many people have been helped by it, and that nobody can possibly be harmed. THE EDITOR.

unable to turn in bed, or even to draw a long breath, and suffering a degree of pain relieved in many former attacks only by the hypodermic, who would essay to cure this lady by means of a metal comb?

What Zone Therapy Is Doing

YET I have seen this condition ameliorated, within fifteen minutes, to the extent that the patient was able to draw a free breath—the first in many days—and arise from bed and turn and twist in almost any direction. And by noon the following day—carrying out the comb pressure treatment herself—she was, to all appearances, entirely well.

And what about goiter, with huge, disfiguring enlargements of the thyroid gland, unsightly protruding eyeballs, nervousness, a pulse racing along at 120 to 160 a minute—with the prostrating weakness that usually accompanies such a pulse? What doctor would undertake to reduce the circumference of such a neck an inch or more in the first twenty-four hours, and within from four to six months completely remove every symptom of the disease?

I have seen a score of such cases, and there are records, histories, and photographs—and, best of all, the patients themselves—to bear testimony in upward of a hundred successfully treated cases. And the only instrument used was a blunt probe pressed against a spot on the wall of the pharynx, —the respiratory passage connecting the nose and throat,—generally by the patient himself. In nervous headache, sometimes persisting for months, I have

seen marvelous results. Indeed, this is one of the most effective things zone therapy does.

In hay fever, whooping cough, and other respiratory disorders zone therapy works wonders. I remember a boy who had whooped almost without intermission for two weeks, who had only one slight attack the night after the first treatment—and none after.

The pain of excavating cavities and sealing teeth can be greatly reduced by properly squeezing the fingers. In fact, toothache can be stopped (temporarily, of course) by pressing firmly over the course of certain nerves in the jaw, or in other ways, which will be described.

Childbirth, has, in numbers of cases, been made comparatively painless by means that do not conflict with any other method used, and that can not possibly harm mother or child in the slightest degree.

And right here it may be pertinent to incorporate a little explanation of the zones and their location and distribution. A look at the figure below will make clear the explanation.

The Body Divided into Zones

IN zone therapy we divide the body into ten zones, five on either side of a line drawn up the center of the body. The first, second, third, fourth, and fifth zones begin in the toes and end in the thumbs and fingers, or begin in the thumbs and fingers and end in the toes.

For instance, the first zone extends from the great toe, along the line in the body mapped in the chart up the entire height of the body, including the chest and back and down the arm into the thumb. The other toes and fingers are related to their particular zones in like manner.

The tongue, the hard and soft palate (forming the roof of the mouth), and the posterior walls of the pharynx (the back of the throat) and the epi-pharynx (where the back of the nose and throat join) are divided in the same way.

Firm pressure over the joints of the big toe or the thumb, or upon the proper areas in the mouth and throat, will tend to overcome pain or any condition relievable by zone therapy, in the entire first zone; and similar results follow squeezing the fingers and toes, or upon making pressure over the areas corresponding to the other zones.

But it is necessary to press the proper zone in the proper way and for the proper length of time in order to secure results.

And no matter how much faith a sufferer, for instance, from right-headed earache might have, it would be useless to squeeze the first-zone thumb when the trouble is in the ring finger and little finger area; and equally useless to squeeze the left-head fourth and fifth zones for this right-headed trouble.

Similarly, we could not relieve a fourth- and fifth-zone sciatica by putting spring-clothespins on the big toe and its immediately adjacent neighbor, nor relieve eyestrain by rubber-banding the little finger instead of the index finger.

These points will all be amplified and made clear in succeeding articles of this series, in which we shall take up the treatment of specific conditions in ample detail.

If there is anything in any of these articles you don't understand or that you want amplified, ask this magazine. For we aim to strike a new note of service in this series. By helping yourself you help us to render this service. And rest assured that if we didn't believe in this system we should not waste your time nor our own in printing an account of it.

The editors of this magazine will be glad to hear concerning any case treated successfully by zone therapy. They want, also, to hear of the failures. Letters should be addressed to Dr. Bowers. Next week Dr. Bowers will write on the home treatment of headache.

